

10-Day Liquid Feast/Cleanse

Remember, this is a guideline. You may have to adjust the times and schedule to your own working or daily schedule. Take InnerLight capsules with meals and InnerLight LL Colloidals before meals.

*NOTE: For ALL soup or shake recipes, please blend them in your blender or food processor to liquefy all your meals. You may substitute any of the foundational soup or shake recipes found in the [Back to the House of Health](#) 1 or 2 books.

[The Alkalarian Diet](#): this document provides the basic information you need to get started alkalizing your diet today. It includes what to shop for and is the followup to the cleans above. [Click here](#) or the link just above to download the pdf file.

The Alkalarian Diet – Daily Plan

7a.m. or upon waking:

Drink 1 liter/quart of distilled water, with 15 drops [LL Prime pH](#), and 1 tsp. of [SuperGreens Powder](#). *Optional: You can also add 1 tsp. of [Super Soy Sprouts](#) to your SuperGreens drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

7:30 a.m.

Take 5 drops under the tongue of the following LL Colloidals. Take them one after another. These products will be found in your [Balance, Basics, or Ortho Packs](#):

- LL Biolight
- LL MycoDetox I
- LL Noni
- LL Trace Minerals
- LL Ortho Plex
- LL Caprilenic
- LL B-Complex
- LL Silver Plus
- LL Catalyst Complex

7:35 a.m.

Do 10 minutes of exercise on a Rebounder mini tramp, (for additional information contact the pH Miracle Center at 760.751.8321)

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8:00 a.m.

Drink Avocado Kid Super Green Shake or Green Baby Boomer Breakfast Shake

AvoRado Kid Super Greens Shake or Pops Recipe

(without the water and rice dream.)

It also makes a great shake.

We drink this while on the cleanse too!
this is a fantastic way to get SuperGreens and chlorophyll
down your kids!!!!

1 This is a variation of the BABY BOOMER SHAKE.,
avocado
1 cucumber
1 tomatillo (* tomato)
1 lime (peeled)
2 cups fresh spinach
2 scoops Super Soy Powder
1 scoop of Super Greens Powder
1 pkg. Stevia 6-8 ice cubes

Green Baby Boomer Breakfast Shake

1 unpeeled, unwaxed cucumber
1 tomatillo (* or tomato)
1 avocado
2 C organic baby spinach (* plus celery)
juice of 1 lime
2 scoops SuperSoy
1 scoop SuperGreens
1/2 C water
1/2 C Rice Dream (Rice Milk) (*or Soya Milk less sugar)
6-8 ice cubes

Directions: Slice vegetables, add all other ingredients put
into blender and blend until smooth.

* ST version – You may add any greens from [The Alkalarian Diet](http://phmiracleliving.com):

Please drink until you are satisfied, not too full.
With your shake, take the following InnerLight capsule formulas:

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[Fibrada Plus](#) 4 capsules if under 65
2 capsules if over 65.

Note: for ANY specific health challenge, also take 1 capsule of the TARGET [InnerLight Product](#), for example:

- Heart challenge - 1 capsule of Heart Plus
- Liver challenge - 1 capsule of Liver Plus
- Kidney challenge - 1 capsule of Kidney Plus
- Lung challenge - 1 capsule of Lung Plus
- Adrenal stress - 1 capsule of Adrenal Plus
- Thyroid challenge - 1 capsule of Metaboline
- Allergy challenge - 1 capsule of Thymus Plus
- Inflammation challenge - 1 capsule of Inflammex and Marine Borage Oil
- Female Reproduction challenge - take 1 capsule of Woman's Formula and 5 drops of colloids in Woman's Pack.
- Men's Reproduction challenge - take 1 capsule of Men's Formula and 5 drops of colloids in Men's Pack.
- Pancreas challenges- take 1 capsule of Pancreas Plus and 5 drops of colloids in the DiaBalance Pack.
- Mental or Emotional challenges - take 1 capsule of the MindMax Formula and 5 drops of colloids in the Environmental Pack
- Lower Bowel challenge - take Aloe Vera juice 1 Tablespoon, 3 times a day, on an empty stomach, upon waking, before lunch, and before going to bed.

9:00 - 12:00 noon

Drink 1 & a ½ liters/quarts of distilled water, with 15 drops LL Prime pH, and 1 tsp. of [SuperGreens Powder](#).

*Optional: You can also add 1 tsp. of [Super Soy Sprouts](#) to your [SuperGreens](#) drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your [SuperGreens](#). Also you can add some fresh lemon juice to your [SuperGreens](#) drink if desired.

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12:30 PM

Take all **InnerLight Colloidals**, one after another, under the tongue (same list as at 7:30am) and TARGET colloids you need.

1:00 PM

Drink **GRASSOUP** and take all **InnerLight Capsule products** (same list as at 8:00am) Drink until you are satisfied, not too full.

GRASSOUP RECIPE

Serves 4

Juice of two to three english cucumbers (no pulp)

1-2 cups fresh silky almond milk (recipe in Back to the House of Health 2)

Water of one (or two) Young Thai Coconuts (drain water out of coconut, water should be clear and sweet, eat the meat of the coconut later)

1TB of fresh Dill cut in small individual grass-like pieces so when it's added to soup, it floats on top and looks like grass shavings

Sprinkle of dehydrated red bell pepper powder over the top (optional and made beforehand)

Directions: This is a new silky RAW recipe that I developed for people while they are on the cleanse (liquid feast) and it will also become your favorite soup to sip on even after the cleanse. Great and refreshing around the pool on a hot day. The fresh cut dill floating on the top of this gorgeous pastel green soup gives it the appearance of grass shavings, hence the name GRASSOUP! Sprinkle dehydrated red bell pepper powder across the top for an instant splash of warm color and an extra sweet pazaaz! Mmmmm I could drink this EVERY day!

For dehydrated red bell pepper powder , simply place sliced pieces of red bell pepper in dehydrator (about 1 /4 inch thick) and dry until snap crisp (about 24 hours) Then place in Vitamix and grind to a fine powder. Keep in a tupperware or air tight container.. great for a garnishing tool, to add color and sweet flavor over soups, wraps, or salads. YUM! I even eat this by the spoonful for a treat! Serve and drink immediately.. Heavenly!!! Adjust each ingredient to your taste.. if you want a less creamy soup, less almond milk. if you want more of a sweet soup, add more coconut water and red bell pepper powder.. experiment.

YOU'RE GONNA LOVE IT BABY!!!!!!

2:00 - 5:00 PM

Drink 1 liter/quart of distilled water, with 15 drops [LL Prime pH](#), and 1 tsp. of SuperGreens Powder.

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*Optional: You can also add 1 tsp. of [Super Soy Sprouts](#) to your [SuperGreens](#) drink, or you can eat 1 tsp. of Super Soy Powder and then immediately drink your SuperGreens. Also you can add some fresh lemon juice to your SuperGreens drink if desired.

5:30 PM

Take all InnerLight Colloidals, one after another, under the tongue (same list as at 7:30 am) and TARGET colloids you need.

6:00 PM

Eat [Healing Soup](#) ([page 43 in the Back to the House of Health](#) recipe book or page 231 in [The pH Miracle book](#)), and take all InnerLight Capsule products (same list as at 8:00 am). Eat until you are satisfied, not too full.

7:00- 9:00 PM

Drink more SuperGreens or plain distilled water with LL Prime pH and lemon in it.

ADDED Note: If at any time of the day, you are still hungry, you can have more soups, shakes, or SuperGreens drink. You can also do fresh vegetable juicing (no carrot or beet during this 10 day feast because of sugar content) and keep most of the vegetables green. (There are many juicing recipes in [Back to the House of Health](#) recipe book). Also for Maximum Alkalizing benefits you can dilute fresh vegetable juice by putting one part vegetable juice to 10 parts distilled water and add 5 drops of LL Prime pH drops.

Repeat this process for 10 - 21 days.